



Weekly Newsletter
 Summer 6 Friday 7th June 2019
www.penponds.cornwall.sch.uk
 01209 713929
secretary@penponds.cornwall.sch.uk
[@Penponds_School](#)



This week's focus: Trencrom Class Camp



On Monday 3rd June most of Trencrom Class, Year 3 and 4 went on school camp at the Eden Project. When we got there we put our bags away and went to a small café in the YHA. At the café the manager who looked after the pods we were staying in, talked to us about safety.

After that, we went to the school area to drop off our lunches so that we didn't have to carry them around everywhere and hold onto them whilst we were doing the first workshop which was all to do with fire.

Dates for your diary:

10th-14th June – Y1
 phonics screening check
 11th June – Vision
 Screening for Reception
 children

Tuesday 18th June –
 Minack Theatre Trip –
 Carn Brea and Godolphin
 classes

Tuesday 18th June – Surf
 Day for Tregonning Class

Friday 28th June – Sports
 Day – starts at 1.30pm

2nd-4th July – RMA
 London Trip – Tregonning
 Class

Thursday 11th July
 Y5 Science Workshop at
 CSIA – bus at 8.45am

Friday 12th July –
 Penponds Family Festival
 - starts at 3.30pm

Monday 15th July – KS2
 Dress rehearsal for
 Summer Show
 16th and 17th July – KS2
 Summer Show 6.30-
 7.30pm

15th-19th July – Work
 Experience Students in
 school

15th and 16th July –
 Transition Days for Year 6
 at CSIA

Wednesday 17th July –
 Reports to parents

We walked up to the first workshop and started by getting into groups of 5 and 6. Once we were in those groups we got balls of clay and what we had to do with the clay was mould into any shape we liked but it had to have a little dent in the clay.



After that we peeled some bulrushes and stuck them in half way into the dip of the clay. Then we dripped in some cooking oil and used a match to light it.

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Wednesday 24th July –
Leavers' Assembly at
9.15am

Last day for children

Thursday 25th July –
 INSET Day/Staff Training
No children in school

First day back for children:

Thursday 5th September 2019

INSET DAYS 2019/2010

Wed 4th September 2019
 Mon 6th January 2020
 Fri 12th June 2020
 Mon 15th June 2020
 Thu 23rd July 2020



After that we made the most amazing bread and to finish the activity we had a little play time. Then we took the land train back to the pods. Once we were all comfy we all had some cake and then went to bed. On Tuesday we completed three challenges all over the Eden Project! After our evening meal we went back into the tropical biome and learnt all about the rain forest and how all the different plants and animals work with each other in the habitat. We were very lucky to see the Corpse Flower, the Titan Arum, had just flowered after 10 years of waiting. We all managed to have a good look at the huge flower as it only lasts 2 days. It really stank of rotting meat and sometimes you got a big whiff of it! That evening we all went straight to bed as we were tired out but managed to have a ride back up to the YHA in the land train.



Attendance and Awards for this week:

Attendance:

Carn Brea: 93.57%
 Godolphin:
 Y1 – 98.04%
 Y2 – 97.53%
 Trencrom – 98.73%
 Tregonning - 90.17%

Attendance Trophy

Trencrom Class

Celebration Assembly Awards:

Lunchtime Award:

Emily C, Ava, Harrison, Trystan

Carn Brea:

Zara, Annabella, Orla

Godolphin:

Y1 Joshua, Kaira, William
Y2 Laurie, Erin, Leon

Trencrom

Daniel, Tristan, Emily

Tregonning

Ben, Alfie, Jayden

Maths

Alfie K, Alex C, Brindley, Elijah J-D, Elffin

Headteacher

Griffin, Zabe, Jessica, Ben H, Gwyddion, Vincent, Austin

The next day we explored the science part of the Eden project and got some time in the shop after breakfast. Thank you to Mrs Treen, Mrs Dunstan, Mrs Pascoe and Mr Richards for helping us have a great time on camp.



Quote of the week:

Go out, go out I beg of you and taste the beauty of the wild. Behold the miracle of the earth with all the wonder of a child.

By Edna Jacques





Surf Club On Thursday 6th June children from Years 3, 4, 5 and 6 went surfing at Gwithian beach. The waves were really good and it was quite warm. The surf club had bought us all new surf boards so we could have a better surf. Once were down at the beach and made a circle we did a warm up. Once we did that we went in the water and some children decided to go out back and catch some great waves. In the end we all had lots of fun. By Jake



DO YOU MAKE THINGS
OUT OF WOOD WELD THINGS DRAWING
PAINT PICTURES TOGETHER CARVING
MAKE STUFF SCULPTURE



We want people to display their stuff at our exhibition and festival. We want to show the great things you have made. Whether you just welded something up, reused something or turned it into something else. We want to see it and show it before and during the festival.

200 will get a FREE TICKET to the festival.

FREE ART EXHIBITION - JULY 17th & 18th
FESTIVAL - JULY 19th to 21st

This festival will be at United Downs Raceway
FOR MORE INFORMATION VISIT: www.bangersandmashup.org



EVER THOUGHT OF
YOURSELF AS AN ARTIST
EVER WANTED TO TAKE
PART IN AN EXHIBITION
CALLING CORNISH ARTISTS
ARE YOU TALENTED
SHOW OFF WHAT YOU DO
WE ARE LOOKING FOR MOSTLY OUTDOOR
AND INDOOR ART FOR A MARQUEE

We want people to display their stuff at our exhibition and festival. We want to show the great things you have made. Whether you just welded something up, reused something or turned it into something else. We want to see it and show it before and during the festival.

Limited 200 FREE FESTIVAL TICKETS available for contributing artists

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MUSIC AND MAYHEM

JUNE 23RD, 2019

1PM TO 6PM

THE FALMOUTH HOTEL,
FALMOUTH

*A musical, game filled,
family garden party*

raising money for Music Therapy

in Cornwall

Featuring music from

Teyr, Davey & Dyer, Kyle Coleman,
Black-Eyed Nancy, Jordon Jane and Carrick Breeze.

'SECOND
WIND'

DONATE YOUR
UNWANTED
INSTRUMENTS
CD'S AND
BOOKS

Dance with
InspirAsian

Make your
own art

Instrument
making

Garden
Games

Entry via donation to our Crowdfunder

<https://www.crowdfunder.co.uk/cornwallmusictherapy>

or £5 per person on the day

(under 10s and registered carers are free)

Activities may be subject to change



The Wahine Project UK is a sister project to the Wahine Project California for ALL GIRLS of all abilities aged 8-16!

Register now for your opportunity to get to know the ocean, learn to surf and improve your surfing, become more proficient in ocean activities, get healthy inside and out, do your part to protect the ocean, make new friends and have fun at the beach!

Hosted at Sunset Surf, Gwithian

Join us qualified ISA surf instructors, RNLI lifeguards, guest artists, marine scientists, environmentalists, yoga/pilates instructors

THE WAHINE PURPOSE

- Allow diversity of girls access to ocean sports who would otherwise not have the opportunity.
- Focus on ocean safety and ocean recreation.
- Provide education on how to maintain a healthy lifestyle through exercise and good nutrition.
- Promote positive self-esteem through participation of sports.
- Develop sense of social responsibility and environmental stewardship.


www.thewahineproject.org

Starting every Saturday from 4th May until September 2019.

10am-1pm Under 12's • 1.30pm- 4.30pm Over 12's

All equipment provided. Suggested donation of £15

To register or for more information contact Anne-Marie on 07462 697701

 Follow us on facebook.com/thewahineprojectuk

THANKS TO:



**FREE ENTRY
AND PARKING**



Sun 23 Jun 11am - 3pm
Rosewarne, Camborne, TR14 0AB

Dog Show
Woodwork Demos
Craft & Food Stalls
Animal Handling Area
Digger Challenge
Workshop Tours
Children's Crafts
Plant Sale
Tractor Rides
Pond Dipping
Face Painting
Hog Roast
Mini Traction Engine Rides
Beekeeping Tours

www.duchy.ac.uk



SOCIAL MEDIA & Mental Health

What trusted adults need to know

Social Media is often scrutinised as having a negative impact on children's mental health. Whilst currently there is not enough evidence or research to say whether this is true or not, there are certain 'modern pressures' connected with social media which trusted adults need to be aware of. Children and young people are constantly connected and whilst this comes with some benefits, it also comes with a feeling that you are constantly visible. This guide is designed to encourage trusted adults to think about their children's mental health and their social media activities, providing them with some useful tips on improving and supporting mental health among young people.

Five potential signs & symptoms of mental health difficulties

1. Have you noticed a change in your child's personality? They may not be acting or feeling like themselves.
2. Any recent uncharacteristic anxiety, anger, or moodiness?
3. Is your child experiencing social withdrawal and isolation?
4. Is there a sudden lack of self-care or risky behaviours?
5. Does your child have a sense of hopelessness or feel overwhelmed?

NOS National Online Safety®
#WakeUpWednesday

Meet our expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.



1. EDUCATE YOURSELF

Educate yourself about social media sites your child is using so you can really understand what they are experiencing and how this may be making them feel.

2. DISCUSS REAL-LIFE CONNECTIONS

Talk about the importance of face-to-face time with friends and family, and what enjoyment this can bring. Encourage your child to focus on their relationships with people who make them feel good about themselves.

3. SUGGEST REGULAR BREAKS FROM SOCIAL MEDIA

Encourage your child to take regular breaks from checking their social media platforms. You could suggest that they turn off their app notifications during certain times of the day so they can focus on other things.

4. ENCOURAGE OTHER HOBBIES OR INTERESTS

Spending time away from their phone and devices will offer them an opportunity to discover other interests and activities they may enjoy. This could be sports, playing a musical instrument or creative interests such as arts and crafts.

5. OFFER YOUR SUPPORT

Inappropriate and harmful content can be accessed on the internet which may impact your child's mental health. Explain to your child that not everything online is real and ensure they know that you are there to support and advise them about any worries or anxieties they may have.

HELPFUL APPS:

- Hub of Hope
- Mindshift
- Smiling Mind

OTHER SERVICES:

- Childline (0800 1111)
- Bullying UK (0808 8002222)
- Young Minds (0808 802 5544)

Sources: <https://www.centreformentalhealth.org.uk/publications/social-media-young-people-and-mental-health>, https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/525471/13-10-30_13-10-30.pdf, <https://www.psychologytoday.com/us/blog/outing-edge-leadership/201503/5-warning-signs-mental-health-risk>

Stretch and Relax

New Yoga Class

At: Trevenson Church Hall, Pool

On: Tuesdays 4.30-5.30pm

A class for all abilities. Join and unwind!
Fully qualified, experienced, friendly teacher



Contact:

Tel: 0788 4025925

Email: innersunrelaxation@gmail.com

f: Inner Sun Yoga and Relaxation Cornwall